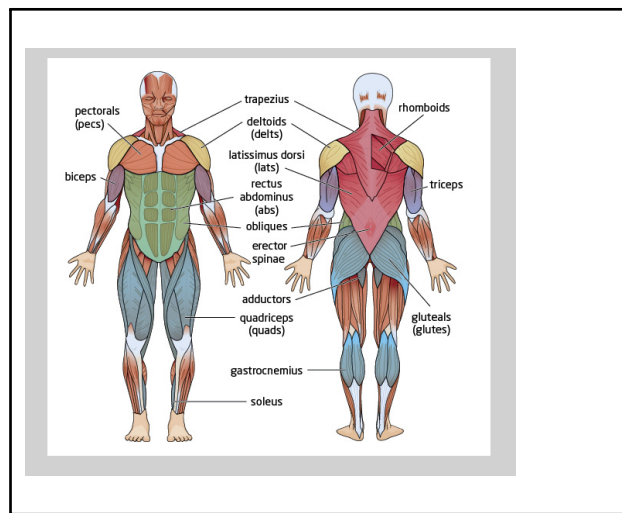


Muscles to Memorize

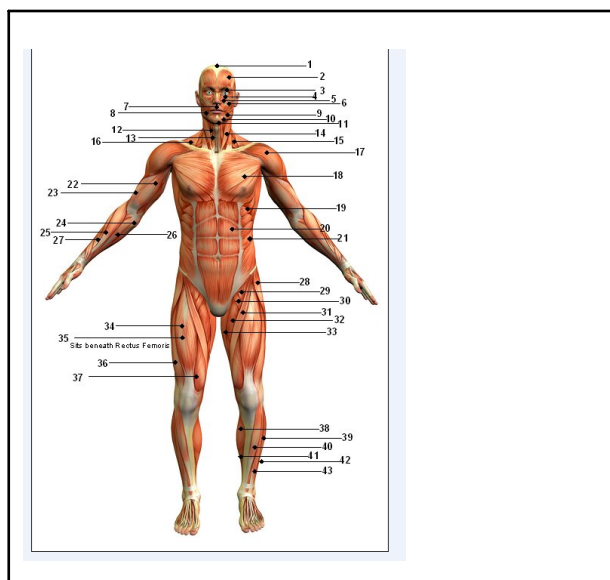
Major Muscle Groups

- Pectorals- pectoralis major and pectoralis minor
- Deltoids - anterior, posterior and medial
- Biceps- Biceps Brachii
- Forearms- Brachioradialis
- Abdominals- Rectus Abdominis, Transverse Abdominis, External and internal Obliques
- Quadriceps- Rectus Femoris, Vastus lateralis, Vastus Medialis, Vastus Intermedius
- Gastrocnemius
- Trapezius
- Triceps- Triceps Brachii
- Latissimus Dorsi
- Gluteals and Hip Abductors- Gluteus Maximus, Medius and Minimus
- Hamstrings- Semimembranosus, Semitendinosus, Biceps Femoris
- Rhomboids
- Shoulder Cuff- Infraspinatus, Supraspinatus, Subscapularis & Teres Minor

Sep 22-2:38 PM



Sep 22-2:49 PM



Sep 22-2:52 PM



Sep 22-2:53 PM